



Aruba's Bocas: home to the rarest fossil reefs on the planet!



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ACLU says ICE is unlawfully punishing immigrants at a notorious Louisiana detention center

By **JIM MUSTIAN and SARA CLINE**

Associated Press

BATON ROUGE, La. (AP)

— The immigration detainees sent to a notorious Louisiana prison last month are being punished for crimes for which they have already served time, the American Civil Liberties Union said Monday in a lawsuit challenging the government's decision to hold what it calls the "worst of the worst" there.

The lawsuit accuses President Donald Trump's administration of selecting the former slave plantation known as Angola for its "uniquely horrifying history" and intentionally subjecting immigrant detainees to inhumane conditions including foul water and lacking basic necessities in violation of the Double Jeopardy clause, which protects people from being punished twice for the same crime.

The ACLU also alleges some immigrants detained at the newly opened "Louisiana Lockup" should be released because the government failed to deport them within six months of a removal order. The law-



Louisiana Gov. Jeff Landry speaks to reporters outside "Camp 57," a facility to house immigration detainees at the Louisiana State Penitentiary in Angola, La., Wednesday, Sept. 3, 2025.

Associated Press

suit cites a 2001 Supreme Court ruling raised in several recent immigration cases, including that of the Palestinian activist Mahmoud Khalil, that says immigration detention should be "nonpunitive." "The anti-immigrant campaign under the guise of 'Making America Safe Again' does not remotely outweigh or justify indefinite detention

in 'America's Bloodiest Prison' without any of the rights afforded to criminal defendants," ACLU attorneys argue in a petition reviewed by The Associated Press. The AP sent requests for comment to the U.S. Department of Homeland Security, Immigration and Customs Enforcement and Louisiana Gov. Jeff Landry. The lawsuit comes a month

after state and federal authorities gathered at the sprawling Louisiana State Penitentiary to announce that the previously shuttered prison complex had been refurbished to house up to 400 immigrant detainees that officials said would include some of the most violent in ICE custody. The complex had been nicknamed "the dungeon"

because it previously held inmates in solitary cells for more than 23 hours a day. ICE repurposed the facility amid an ongoing legal battle over an immigration detention center in the Florida Everglades dubbed "Alligator Alcatraz," and as Trump continues his large-scale attempt to remove millions of people suspected of entering the country illegally. The federal government has been racing to to expand its deportation infrastructure and, with state allies, has announced other new facilities, including what it calls the "Speedway Slammer" in Indiana and the "Cornhusker Clink" in Nebraska. ICE is seeking to detain 100,000 people under a \$45 billion expansion Trump signed into law in July.

At Angola last month, Department of Homeland Security Secretary Kristi Noem told reporters the "legendary" maximum security prison, the largest in the nation, had been chosen to house a new ICE facility to encourage people in the U.S. illegally to self-deport. "This facility will hold the most dangerous of criminals," she said. □

Social Security Administrator Frank Bisignano is named to the newly created position of IRS CEO

By **FATIMA HUSSEIN**

Associated Press

WASHINGTON (AP) — Social Security Administra-

tion Commissioner Frank Bisignano was named to the newly created position of CEO of the IRS on Mon-

day, making him the latest member of the Trump administration to be put in charge of multiple federal agencies.

As IRS CEO, Bisignano will report to Treasury Secretary Scott Bessent, who currently serves as acting commissioner of the IRS, the Treasury Department says. It is unclear whether Bisignano's newly created role at the IRS will require Senate confirmation.

The Treasury Department said in a statement that Bisignano will be responsible for overseeing all day-to-day IRS operations while also continuing to serve in his role as commissioner of the Social Security Administration.

Bessent said in a statement that the IRS and SSA "share many of the same technological and customer service goals. This makes Mr. Bisignano a natural choice for this role."

The move to install Bisignano at the IRS adds another layer to the leadership shuffling that has occurred at the agency since the beginning of Trump's term. Bessent was named acting commissioner in August after Trump removed former U.S. Rep Billy Long from the role less than two months after his confirmation, and made him ambassador to Iceland.

The four acting commissioners who preceded Long in the job included

one who resigned over a deal between the IRS and the Department of Homeland Security to share immigrants' tax data with Immigration and Customs Enforcement and another whose appointment led to a fight between former Trump adviser Elon Musk and Bessent.

With two day jobs, Bisignano joins a number of other Trump administration officials to wear multiple hats, including Bessent, Marco Rubio, Sean Duffy, Jamieson Greer and Russell Vought.

IRS and Social Security advocates expressed concern about the new appointment. □



Social Security Commissioner Frank Bisignano speaks during an event with President Donald Trump in the Oval Office to mark the 90th anniversary of the Social Security Act, Aug. 14, 2025, in Washington.

Associated Press

Trump considers cutting U.S. refugee intake to 7,500, focusing on white South Africans, officials say

By MATTHEW LEE, LISA MAS-CARO and CHRIS MEGE-RIAN

Associated Press

WASHINGTON (AP) — President Donald Trump is considering admitting far fewer refugees into the U.S. this year as few as 7,500, and mostly white South Africans, officials say a dramatic new low as the administration is conducting sweeping immigration raids as part of its mass deportation agenda.

The new figures have not been finalized by the Trump administration or officially transmitted in a notification to Congress as required by last week's deadline, according to two people familiar with the situation who were granted anonymity because they were unauthorized to discuss it with the media.

The decreased numbers of refugees would be a stark departure from the higher figures traditionally allowed into the U.S. the Biden administration last year set a target of 125,000 refugee admissions. And advocates warn it would essentially bump from the line those who have already been vetted and are awaiting approvals. It all comes as the Department of Home-



Afrikaner refugees from South Africa holding American flags arrive, May 12, 2025, at Dulles International Airport in Dulles, Va.

Associated Press

land Security is engaged in a crackdown on immigrants in American cities, including this past weekend in Chicago, and recruiting officers with a social media campaign to "recapture our national identity."

"This would be a monumental shift in U.S. refugee policy, not just in terms of reducing admissions, but also in terms of disproportionately privileging one group over every other," said Krish O'Mara Vignarajah, president and CEO of the resettlement organization, Global Refuge.

"Our concern is that this could turn what has long been a globally responsive humanitarian system into one that overwhelmingly favors a single group," Vignarajah said.

Trump suspended the refugee program in January. The refugee program which once had widespread bipartisan support was suspended on Trump's

first day in office.

Since then only a trickle of refugees have been admitted to the country, either as part of an ongoing court case seeking to resume the program or as part of a new refugee program for Afrikaners that Trump announced in February. The administration says the white South African farmers face discrimination and violence at home, which the country's government strongly denies.

The White House said the refugee cap is not final until the administration consults with Congress, according to an official granted anonymity because they were unauthorized to discuss the situation.

The official and one of the other people said due to the federal government shutdown, no refugees will be admitted during the new fiscal year, which began Oct. 1, until the government is reopened, although with the program suspended, few are being let in as is.

Some 128,000 refugees have currently been approved for resettlement in the United States and are now stuck in limbo, said Mark Hetfield, president of HIAS, the Jewish refugee resettlement agency. In addition, 14,000 Jews, Christians and other religious minorities in Iran have long been registered with the refugee program.

"How can a president who claims to stand for religious and American values and who claims to support legal and orderly migration turn his back on so many refugees who followed the rules, while moving white South Africans to the front of the line?" he said. □

The Supreme Court begins a term that will examine Trump's expansive claims of presidential power

By MARK SHERMAN and LINDSAY WHITEHURST

Associated Press

WASHINGTON (AP) — The Supreme Court on Monday began a new term that will have a sharp focus on President Donald Trump's robust assertion of executive power.

Pivotal cases on voting and the rights of LGBTQ people also are on the agenda. On Tuesday, the justices will hear arguments over bans passed by nearly half of U.S. states on therapy aimed at changing sexual orientation or gender identity.

Chief Justice John Roberts formally opened the term Monday as the court reject-

ed more than 800 pending appeals, including a challenge by Ghislaine Maxwell to her conviction for luring teenage girls to be sexually abused by Jeffrey Epstein. In its first arguments, the court also appeared to be inclined to rule against a criminal defendant from Texas in a case about the constitutional right to a lawyer. Approaching an overnight break in the defendant's testimony, the trial judge ordered defense lawyers not to talk to their client about his testimony. A major thrust of the next 10 months, however, is expected to be the justices' evaluation of Trump's ex-

pansive claims of presidential power.

The court's conservative majority has so far been receptive, at least in preliminary rulings, to many emergency appeals from Trump's Republican administration. But there could be more skepticism when the court conducts in-depth examinations of some Trump policies, including the president's imposition of tariffs and his desired restrictions on birthright citizenship.

The justices are hearing a pivotal case for Trump's economic agenda in early November as they consider the legality of many

of his sweeping tariffs. Two lower courts have found the Republican president does not have the power

to unilaterally impose wide-ranging tariffs under an emergency powers law. □



The Supreme Court in Washington, June 30, 2024.

Associated Press

Supreme Court rejects appeal from Ghislaine Maxwell, imprisoned former girlfriend of Jeffrey Epstein

By **MARK SHERMAN**

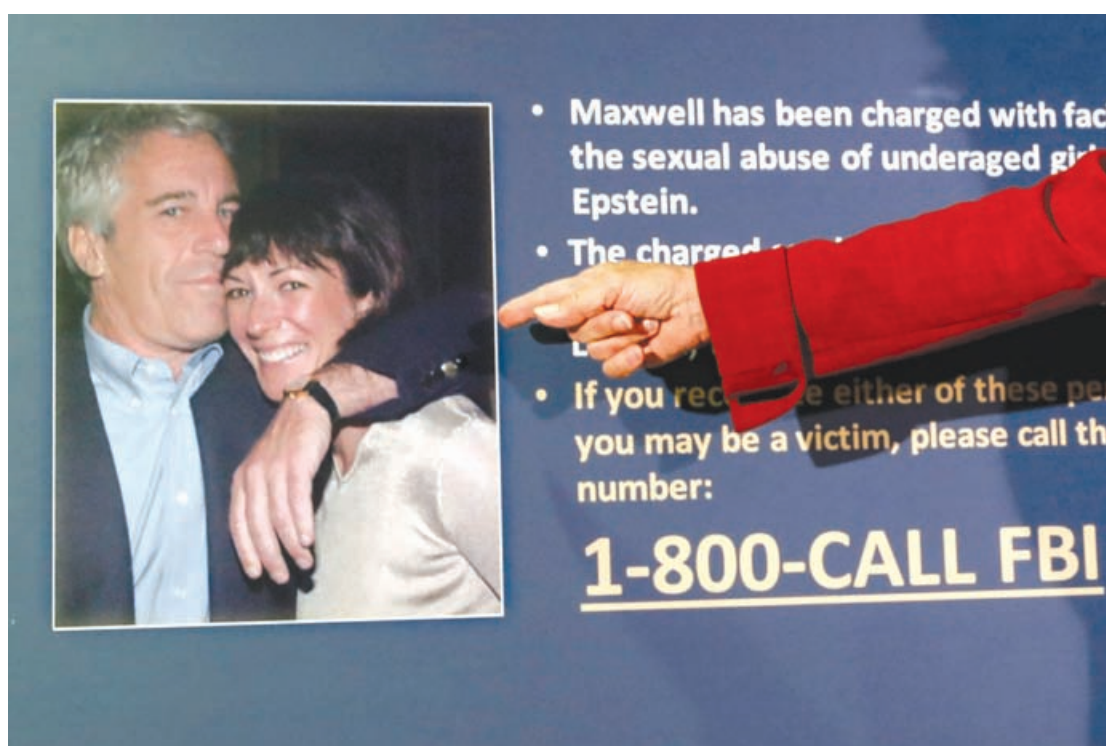
Associated Press

WASHINGTON (AP) — The Supreme Court on Monday rejected an appeal from Ghislaine Maxwell, the imprisoned former girlfriend of Jeffrey Epstein.

On the first day of their new term, the justices declined to take up a case that would have drawn renewed attention to the sordid sexual-abuse saga after President Donald Trump's administration sought to tamp down criticism over its refusal to publicly release more investigative files from Epstein's case.

Lawyers for Maxwell, a British socialite, argued that she never should have been tried or convicted for her role in luring teenage girls to be sexually abused by Epstein, a New York financier. She is serving a 20-year prison term, though she was moved from a low-security federal prison in Florida to a minimum-security prison camp in Texas after she was interviewed in July by Deputy Attorney General Todd Blanche.

As is their custom, the justices did not explain why they turned away the appeal. Trump's Republican



Audrey Strauss, Acting United States Attorney for the Southern District of New York, speaks during a news conference to announce charges against Ghislaine Maxwell for her alleged role in the sexual exploitation and abuse of multiple minor girls by Jeffrey Epstein, July 2, 2020, in New York.
Associated Press

administration had urged the high court to stay out of the case.

Maxwell's lawyers contended that a non-prosecution agreement reached in 2007 by federal prosecutors in Miami and Epstein's lawyers also protected his "potential co-conspirators" from federal charges anywhere in the country.

Maxwell was prosecuted in

Manhattan, and the federal appeals court there ruled that the prosecution was proper. A jury found her guilty of sex trafficking a teenage girl, among other charges.

Maxwell's trial featured accounts of the sexual exploitation of girls as young as 14 told by four women who described being abused as teens in the 1990s and early

2000s at Epstein's homes.

Neither Maxwell's lawyers nor the federal Bureau of Prisons has explained the reason for her transfer, but one of her lawyers, David Oscar Markus, has said she is "innocent and never should have been tried, much less convicted." Markus also was the lead lawyer on her Supreme Court case.

Maxwell was interviewed

by Blanche at a Florida courthouse. She was given limited immunity, allowing her to speak freely without fear of prosecution for anything she said except for in the event of a false statement. She repeatedly denied witnessing any sexually inappropriate interactions involving Trump, according to records released in August meant to distance the president from the disgraced financier.

Epstein was arrested in 2019 on sex trafficking charges and was accused of sexually abusing dozens of teenage girls. A month later, he was found dead in a New York jail cell in what investigators described as a suicide. The Epstein case had consumed Trump's administration following an announcement from the FBI and the Justice Department in July that Epstein had killed himself despite conspiracy theories to the contrary, that a "client list" that Attorney General Pam Bondi had intimated was on her desk did not actually exist, and that no additional documents from the high-profile investigation were suitable to be released. □

EF5 tornado that killed 3 in North Dakota was the nation's first in 12 years

By **SARAH RAZA**

Associated Press

A deadly tornado that tore across southeastern North Dakota this sum-

mer has been upgraded to an EF5 with winds topping 200 mph (322 kph), the strongest classification of tornado and the first on



North Dakota Governor Kelly Armstrong walks by silos damaged by an EF5 tornado in Enderlin, N.D., on June 25, 2025.
Associated Press

American soil in a dozen years, meteorologists said Monday.

The June 20 twister in Enderlin killed three people and caused significant damage. At its largest, the tornado was 1.05 miles wide (1.7 kilometers) and carved a path across the prairie for just over 12 miles (19 kilometers). Meteorologists from the National Weather Service office in Grand Forks estimated the tornado's winds reached 210 mph (338 kph), according to the newly released analysis.

The 1999 Bridge Creek-Moore tornado in Oklahoma holds the record of the strongest winds ever recorded in the U.S. at 321 mph (517 kph).

Since the agency began using Enhanced Fujita scale in 2007, there have been 10 tornadoes categorized as EF5. The 12-year gap between EF5s is the longest since the National Weather Service started keeping records in 1950.

"In the last kind of 12 years, there's been several strong tornadoes that have come close, but there haven't been known damage indicators at that time to support the EF5 rating," said Melinda Beerends, meteorologist in charge at the National Weather Service in Grand Forks. "It's hard sometimes to get tornadoes to hit something." The twister destroyed farmsteads, tipped over fully loaded rail cars, toppled

transmission towers and uprooted trees. Meteorologists from the Grand Forks office headed into the field the next morning to assess the damage. Determining a tornado's strength usually takes days or weeks, as meteorologists study the damage to buildings and trees. This case took much longer because of the unusual damage to rail cars, including one that was picked up and hurled far from the rest.

The meteorologists worked with engineers and wind damage experts to conduct additional surveys and forensic analysis to determine the EF5 rating, up from the initial estimate of EF3. □

U.K. prime minister condemns suspected arson attack on mosque in English coastal town

By LYDIA DOYE

Associated Press

LONDON (AP) — U.K. Prime Minister Keir Starmer on Monday condemned a suspected arson attack on a mosque in an English coastal town, which police were investigating as a hate crime. No one was injured.

The fire on Saturday night came two days after two men were killed when a knife-wielding assailant attacked their synagogue in Manchester on the holiest day of the Jewish year, in what authorities have called a terrorist assault. One of the victims was accidentally shot by an armed officer as he and other congregants barricaded the synagogue to block the attacker from entering.

Starmer's spokesperson said that the prime minister was "appalled by the arson attack in Peacehaven."

"As the home secretary said, attacks against Britain's Muslims are attacks against all Britons and this country itself," the spokesperson said, adding that



Locals view the damage outside the front entrance of the mosque in Peacehaven, following a suspected arson attack, in East Sussex, England, Sunday, Oct. 5, 2025.

Associated Press

"anti-Muslim hatred has no place in Britain."

Emergency services responded to reports of a fire at the Peacehaven Mosque at around 9:45 p.m. (2245 GMT) Saturday. The front entrance of the mosque and a vehicle parked outside were damaged, but no one was in-

jured, according to Sussex Police.

Footage from the incident, released Sunday by police, shows two balaclava-clad people approach the front door of the mosque, before spraying accelerant on the entrance and igniting a fire. Detective Inspector Gavin Patch said police were

treating the fire as arson with intent to endanger life. Evidence from the scene suggested it was started deliberately, according to the East Sussex Fire and Rescue Service.

Detectives on Monday were hunting for two suspects.

"This was an appalling and

reckless attack which we know will have left many people feeling less safe," Patch said.

There has been an increased police presence at the scene and other places of worship across Sussex, a region in south-eastern England, to provide reassurance, Sussex Police said. It said the incident isn't currently being treated as terror-related.

Political and religious leaders condemned the attack. Home Secretary Shabana Mahmood said the attack was "deeply concerning" and urged people to "stand united."

"This hateful act does not represent our community or our town," a spokesperson for Peacehaven mosque said. "Peacehaven has always been a place of kindness, respect, and mutual support, and we will continue to embody those values." Phil Rosenberg, president of the Board of Deputies of British Jews, also condemned the attack, adding that "every faith community has the right to worship free from fear." □

U.N. refugee agency chief suggests that US deportation practices violate the law

By JAMEY KEATEN

Associated Press

GENEVA (AP) — The head of the U.N. refugee agency suggested Monday that President Donald Trump's America has carried out deportation practices that violate international law, and criticized a wider "backlash" in some countries against migrants and refugees.

Filippo Grandi, the U.N. high commissioner for refugees, used a speech to lament that drastic funding cuts and shortages have forced his agency, UNHCR, to slash nearly 5,000 jobs this year, or nearly a quarter of its workforce. The cuts may not be finished, he said.

"This was certainly not an easy year for any of us," Grandi told the opening of UNHCR's executive committee. "But remember,

please: There has never been an easy year to be a refugee and there never will be."

He did cite some bright spots and praised the Trump administration-led peace efforts in Congo, where conflict has displaced millions of people. At the U.N. General Assembly last month, the Trump administration which has slashed support this year for international humanitarian aid pitched other countries on its view that the global system of seeking asylum has been abused and needs to be revamped, in part by cracking down on migration.

Other traditional donors have cut back their aid outlays for UNHCR this year. In recent years, the agency has received roughly \$5 billion a year or half its bud-

getary requirements even as conflict and repression in places like Afghanistan, Myanmar, Sudan, Venezuela and Ukraine have led the number of people fleeing their homes to roughly double over the last decade to 122 million.

In the politically charged environment of today, Grandi said, "putting the (U.N.) Refugee Convention and the principle of asylum on the table would be a catastrophic error." He insisted that "national sovereignty and the right to seek asylum 'are not incompatible. They are complementary.'"

Grandi, whose term is up at the end of this year, decried an erosion of respect for international law in certain developed countries and noted that most refugees are taken in by poorer

ones.

"I am worried that the current debate in Europe, for example and some current deportation practices such as in the United States address real challenges

in manners not consistent with international law," he said.

The Trump administration has said it has an obligation to remove the "worst of the worst." □



Filippo Grandi, UN High Commissioner for Refugees (UNHCR), attends UNHCR's 76th annual Executive Committee meeting at the European headquarters of the United Nations in Geneva, Switzerland, Monday, Oct. 6, 2025.

Associated Press

Ukraine says it struck Russian ammunition plant, oil terminal and weapons depot

By ILLIA NOVIKOV

Associated Press

KYIV, Ukraine (AP) — Long-range Ukrainian drones and missiles hit a major Russian ammunition plant, a key oil terminal and an important weapons depot behind the front line, Ukraine's president and military said Monday, as Kyiv cranked up pressure on Moscow's military logistics.

The Sverdlov ammunition plant in the Nizhny Novgorod region of western Russia was struck overnight, causing multiple explosions and a fire, the Ukrainian General Staff said. The plant supplies Russian forces with aviation and artillery ordnance, aviation bombs and anti-aircraft and anti-tank munitions, it said.

Ukraine also hit an oil terminal on the Russia-annexed Crimean Peninsula, starting a blaze, and an ammunition depot of Russia's 18th Combined Arms Army, the General Staff said.

Russian authorities acknowledged a major Ukrainian drone attack over 14 regions, as well as Crimea and around the Black Sea and the Sea of Azov. But they gave few details beyond saying that air defenses shot down 251 Ukrainian drones making it one of the biggest Ukrainian barrages of Russian territory since the war began on



Netherlands' Prime Minister Dick Schoof, right, shakes hands with Ukrainian President Volodymyr Zelenskyy during their meeting in Kyiv, Ukraine, Monday, Oct. 6, 2025.

Associated Press

Feb. 24, 2022.

Gleb Nikitin, the governor of the Nizhny Novgorod region, said that air defenses fended off an attack by 20 Ukrainian drones on a local industrial zone that includes the ammo plant and that no facilities were damaged.

Ukraine's long-range attacks on refineries and other oil facilities contributed to Russian fuel shortages at the pump in August.

Weapons productions

Improving domestically produced weapons, especially drones, has been

one of Ukrainian authorities' chief goals as it strives to counter Moscow's invasion and reach deeper into Russia with strikes that put military, political and social pressure on President Vladimir Putin.

Though Russia's national economy and army are much bigger than those of Ukraine, Kyiv has largely limited Russian battlefield gains to slow and costly progress across the Ukrainian countryside as cutting-edge drone technology makes up in part for its shortage of soldiers.

Uncertain of what Western military support it can count on, Ukraine has swiftly developed its defense manufacturing capacity. It's already sharing its drone expertise with European countries and is discussing possible technology and production cooperation with the United States.

Ukrainian officials have suggested they would like Washington to supply Tomahawk cruise missiles so that more Russian assets in the rear can be targeted. Meanwhile, Ukraine is increasingly using

domestically developed long-range drones, Ukrainian President Volodymyr Zelenskyy said Monday, and Ukraine expects to expand such capabilities, if it can ensure funding from abroad.

He also indicated that Ukraine had used its own missiles for the strikes on Russian soil.

"The main thing to understand is that in recent days Ukraine has used exclusively Ukrainian-made weapons, not only drones," Zelenskyy said during a news conference with Dutch Prime Minister Dick Schoof in Kyiv.

"We expect greater capabilities, but they depend on financial resources," he said.

Ukraine's defense industry

Ukraine's mushrooming defense industry could begin exporting surplus weapons production by the end of this year, using the revenue to help buy sophisticated systems it can't make itself, Zelenskyy said Monday.

By the end of this year, Ukraine hopes to provide at least half the weapons its troops need on the front line, Zelenskyy told a defense industry forum in Kyiv. "Already at the front, more than 40% of the weapons used are weapons produced in Ukraine or with Ukraine," Zelenskyy said in a speech. □

Venezuela denounces alleged 'extremist' plan to attack shuttered U.S. Embassy complex

CARACAS, Venezuela (AP)

— Venezuela warned Monday of an alleged plan by extremists to attack the shuttered U.S. Embassy complex in Caracas with explosives, coming as bilateral tensions simmer over Washington's military deployment in the Caribbean. Jorge Rodríguez, head of the National Assembly and of Venezuela's delegation for dialogue with the U.S., said in a statement that through "three different channels," the United States had been warned



The entrance to the U.S. embassy in Caracas, Venezuela, Monday, Oct. 6, 2025.

Associated Press

"of a serious threat" from right-wing groups posing as followers of Venezuelan President Nicolás Maduro.

"Through a false-flag operation prepared by extremist sectors of the local right, there are attempts to plant lethal explosives at the U.S. Embassy in Caracas," Rodríguez said. The U.S. State Department did not immediately respond to a request for comment. The embassy, which is currently closed, maintains a staff responsible for security and maintenance of the

premises, despite the rupture of diplomatic relations with Maduro's government in 2019.

"At the same time, we have reinforced security measures at that diplomatic site, which our government respects and protects," said Rodríguez, a close ally of Maduro who serves as president of the National Assembly.

He said that a European embassy had been informed in order to act as a liaison to communicate the situation. □

Aruba's Bocas: home to the rarest fossil reefs on the planet!

(Oranjestad)—If you've been to the northern coast of Aruba already, you've probably noticed how the ground differs entirely from the sandy beaches on the southern part of the island. These hard surfaces, with sharp bumps and holes are actually fossilized coral reefs, of which its growth and changes can be traced back to the last glacial period.

On May 30 2023, geoscientists, Dr. Patrick Boyden from the Marum research faculty at the University of Bremen, Prof. dr. Alessio Rovere from the Ca' Foscari University of Venice and Prof. dr. Gianfranco Scicchitano, from the University of Bari Aldo Moro, presented their research on these fossilized coral reefs at the University of Aruba. Their focus for their research included studying the health and formation patterns of these coral reefs, and to investigate how these reefs have responded



and can respond to fluctuating sea levels or extreme weather, like hurricanes and tsunamis.

Through underwater and land surveillance, and 3D

models of the reefs, they were able to narrow down when these formations started to take place. They were also able to track the fluctuation of sea levels during the past hundred or even

thousands of years, and the effects that this fluctuation has had on the coral reefs of the windward side of Aruba.

These findings can certainly put things into perspective.

The ground on which we have walked many times on the northern part of the island hold such rich history, history that dates back to a time that most of us cannot even imagine. As the scientists themselves have pointed out, these fossilized reefs on the windward side are truly an incredible and rare remnant of geological history, as they provide a clear view of how these reefs have formed.

This research is also important for the future of coral reefs on the island. By studying rising sea levels and climate impact on these coral reefs, we are able to take concrete action in protecting and preserve our coral reefs. So, if you are ever visiting one of the bocas or driving along the northern part of the island, please be conscious to help protect our natural historical remnant. Oh, and wear (coral-friendly) sunscreen! ☐

Papiamentu words and phrases you may want to know!

(Oranjestad)—Aruba is a melting pot of different nationalities, cultures and languages. Primarily for this reason, the average Aruban can understand and speak Dutch, English and Spanish relatively well. However, as much as we pride ourselves in being able to communicate with almost everyone, we cherish our native tongue Papiamentu above all else. Want to learn some common words in our language? Here are a few basic words and phrases that can get you a hat tip from an Aruban.

When you arrive at the airport in Aruba, one of the first words in Papiamentu you may encounter is "Bon bini." Bon bini in Papiamentu means welcome, and is probably the most famous Papiamentu word for tourists.

Hi! Bye!

To be fair, there is no unique way to say "hello" in Papiamentu. At least, not officially. We often just use the English "hello" or "hey", or Dutch "hallo" to greet someone. We do however, always follow it up with "con bay?"



or "con ta?" Con bay is a shortened version of "con ta bay?", which essentially means "how are you?"

The word "con" in Papiamentu means "how?" and is pronounced with a rounder "o" sounds, like in the English word "cone". "Ta bay" refers to how you are doing.

When we say goodbye, we use the word "ayo" (not like the Ayo Rock Formation, but also...kinda?). We may also use "te oro", which means "see you later".

Greetings during the day

Most, if not all, languages have different ways to greet according to the time of day, and Papiamentu is no different. Since Papiamentu is heavily influenced from Portuguese and Spanish, some of these phrases may look very familiar.

Bon dia is used in the morning, up to about noon. Bon dia essentially means good morning. The word "bon" means "good", and while

"dia" does not directly mean "morning" in English, it is used often to refer to the morning time.

Bon tardi. In the afternoon to early evening hours, we use "bon tardi" to greet people, which means "good afternoon". "Tardi" actually comes from the word "atar-di", which directly translates to "afternoon". However, the shortened "tardi" is used to keep the rhythm on the phrase. And the same could be said for our last greeting

of the day.

Bon nochi. You guessed it, "bon nochi" means "good night". Just like "tardi", "nochi" is actually the shortened version of the word "anochi".

Yes...no...maybe?

The affirmative and negative expression is very simple in Papiamentu. Just like Spanish, our yeses are "si" and our no's are "no". Pretty easy right? If you want to gain some extra points from younger locals, you can also say "se", which is a more casual affirmative used mostly by the younger generation. However, do note: some older generations may find this improper and not respectful, so keep that in mind.

Thanks man...

Lastly, a word that we can also say more often is "danki", which means literally "thank you". "Danki" is derived from the Dutch word "bedankt". Though we don't really have a translation for "I appreciate it" in English, we do use "masha danki" to convey the message. "Masha" means "a lot" or "very", so "masha danki" means "thank you very much". ☐



Casago Aruba: Redefining Island Stays with Full-Service Property Management



Casago Aruba was born from a shared passion for elevating the island's tourism experience. Built on a strong foundation of service, hospitality, and a keen eye for quality, the Casago team—backed by over 16 years of experience in the vacation rental and hospitality industry—is on a mission to redefine what luxury and convenience look like for travelers visiting Aruba.

But Casago is more than just a vacation rental platform. It is a **full-service property management company**, offering seamless experiences for both guests and homeowners alike. While travelers benefit from handpicked accommodations and personalized service, homeowners gain a reliable partner dedicated to the care and performance of their property.

A Stay Tailored to You

Casago Aruba offers more than just stylish villas. Their curated portfolio includes a **wide variety of condos, homes, and villas** in different sizes to suit all types of travelers—from solo adventurers and couples to large families and groups. Every stay is backed by local expertise, with concierge support, 24/7 guest assistance, and an attention to detail that consistently exceeds expectations.

Whether you're here to relax on world-famous beaches, explore Aruba's cultural gems, or discover hidden corners of the island, Casago Aruba ensures your getaway is as smooth as it is memorable.

A Partner for Homeowners

Behind the scenes, Casago offers a robust suite of property management services designed to help homeowners **maximize rental income** while minimizing stress. Services include:

- **Promotion** through Casago's professional booking platform and expert local marketing strategies
- **Complete management** of check-ins, guest communication, cleanings, landscaping, pool maintenance, and repairs
- **Transparent maintenance** reporting, real-time reservation tracking, and on-site security monitoring
- **Full handling** of tax filings for both local and state requirements
- **Monthly property inspections** and full utility bill management
- **Strategic planning** to help homeowners increase



profitability and keep their properties in top condition

This full-service model ensures that every home is maintained to the highest standard while

giving property owners full peace of mind.

Rooted in Community and Sustainability

What truly sets Casago Aruba apart is their commitment to the local community and to sustainable practices. The team works closely with local businesses and artisans, promotes eco-conscious travel, and supports initiatives that contribute positively to the island's environment and economy.

As one of the fastest-growing vacation rental and property management companies on the island, Casago Aruba continues to expand its footprint—welcoming more travelers, partnering with more homeowners, and raising the standard of hospitality in Aruba. □



Beautiful areas around Aruba

(Oranjestad)—Aruban born and bred Steve Francees has a passion for photography. Being a local photographer he knows the hidden gems of this island and captures

them in an amazing way. Here are some of the most beautiful areas around Aruba.



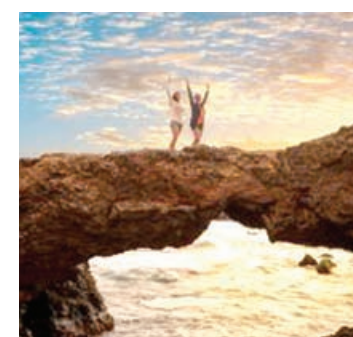
The hidden Natural Bridge

Here in Aruba we have three natural bridges and many see this one on thinking that it's the world famous one but it's not. The why is easy, its way too dangerous to go down the cliff to reach this beauty and no tour companies will do that. Some people refuse to go down due fear of height. To reach this beauty you must go to San Nicolas and drive up the hill till The Point Lighthouse, park your car and walk until you reach the east point coast and go left along the

coastline and good luck going down the cliff.

Surfside Beach

This beach was very famous when we were kids and many locals love to swim at this beach. After some years the locals shifted to the more north-west beaches like Eagle, Boca Catalina and Arashi but after the government renovated the whole area it got a new facelift and its back as a family beach and weekends are just amazing at this area.



Natural Bridge at Blackstone Beach

As mentioned, there are three natural bridges and this one is in the Arikok National Park. The other two Bridges you can visit by car but for this one you must have a 4X4 jeep or you will get stuck at the Andicuri Beach. □



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L.G. Smith Blvd 9, Unit 25.

Po-Ké Ono Expands Its Menu with Flavorful New Creations



Po-Ké Ono has rolled out a variety of new menu items that showcase the restaurant's vibrant approach to Asian cuisine. Known for combining authenticity with creativity, Po-Ké Ono continues to bring distinctive dining experiences to Aruba.

Leading the kitchen is acclaimed chef Urvin Croes, the mastermind behind some of Aruba's most iconic restaurants including White Modern Cuisine, The Kitchen Table by White, and since 2020, both Po-Ké Ono and Infini Restaurant. At Po-Ké Ono, Chef Urvin draws on his Chinese heritage to fuel his passion for Asian flavors, offering innovative takes on poke bowls, sushi, bao, dim sum, and beyond.

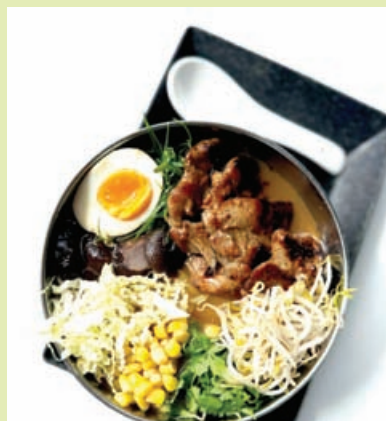
Philosophy

Po-Ké Ono is more than a dining destination. It is an experience rooted in warmth and hospitality. The restaurant's guiding vision is to create



an atmosphere that feels relaxed, simple, and enjoyable while embracing its mission to welcome every guest like family.

What is New on the Menu Small Plates and Dim Sum



Mala Cream Shrimps Dim Sum

Crispy shrimp balls wrapped in spring roll strips, finished with a silky Mala cream sauce.

Shrimp Toast

Deep fried bao filled with shrimp and sesame, served with a sweet chili dip.

Vietnamese Spring Rolls with Fried Tofu and Mushrooms

Fresh rice paper rolls packed with herbs, crispy vegetables, tofu, and mushrooms, complemented by hoisin peanut sauce and vegan Nuoc Cham.

Ramen Specials at the Marketplace Location Tonkotsu Ramen

A deeply flavored broth with chashu pork slices, Chinese cabbage, wood ear mushrooms, fried onions and garlic, spring onions, seaweed, and marinated egg.

Teriyaki Shio Ramen

A lighter broth base paired with teriyaki grilled chicken, cabbage, shiitake mushrooms, cilantro, spring onions, corn, bamboo, seaweed, and marinated egg.



Dessert Selections Ube Soft Serve

Creamy purple yam soft serve topped with crispy coconut and pineapple.

Matcha Soft Serve

Smooth matcha soft serve paired with crispy sweet wonton and fresh strawberries. With these latest additions, Po-Ké Ono continues to push culinary boundaries while keeping its dining experience approachable and fun. From comforting bowls of ramen to refreshing soft serve desserts, the new menu is designed to surprise and satisfy both loyal fans and first time visitors. □

Paseo Herencia celebrates animals with their annual Pet Day event!



Last Saturday, October 4th, in celebration of World Animal Day, Paseo Herencia hosted its annual Pet Day event, a lively evening dedicated to furry friends. The event featured pet-friendly stores and restaurants, free treats, a pet photo booth, adoption, and donation booths from local animal foundations including Aruba Animal Shelter, SGT Pepper's Friends, and Luna Foundation, and even a pet-friendly train ride, where children could enjoy the ride together with their pets. The turnout was incredible, with pet owners happily bringing their leashed companions to join in on the fun.

Leading up to the event, Paseo Herencia engaged followers on social media with a crossword puzzle challenge for a chance to win gift bags

sponsored by Aruba Paw Paradise. Daisy, crowned Best Dressed Dog of the Night, also received a special gift.

Paseo Herencia proudly continues to promote itself as a pet-friendly mall year-round, inviting guests to enjoy its welcoming stores and res-



taurants including Emoclean, Beach N Flipz, Carmen Steffens, Raphael Steffens, DLG, Aruba Paw Paradise, Amnia Creations, Alheli Massage, Sexy Shrimp, The Lazy Turtle, Fusion Cuisine, Che Bar, Xixon Spanish Restaurant, and Frenchie's Café.

Stay tuned for more pet-friendly fun, with their Halloween Edition coming soon. □

Alto Vista chapel and its link to Aruba's origins

According to Etnia Nativa, in the 18th century most of the inhabitants of Aruba were indigenous who lived on the north coast, one of the largest communities lived in Alto Vista.

As they were very religious, they had a chief with the name of Antonio Silvester who guided them in the Christian life and it was he who decided to build a stone chapel with a roof of corn rods, which would serve as a place of prayer. In 1750 it was blessed by Father Algemesi who came from Coro-Venezuela and appointed Domingo Antonio Silvester as the island's first prosecutor in the name of the Spanish crown and Rome. In 1752 the prosecution passed into the hands of Antonio Silvester's son-in-law, Miguel Álvarez, who continued to guide the parishioners in their prayers.

According to the book, The History of Alto Vista by R.H. Nooyen, it is not known when Domingo Antonio Silvester came to Aruba from Venezuela. The elders believe Antonio was a Spaniard. In 1780,



father Joseph Antonio de la Vegal called Bernardino Silvester, one of Antonio's sons with his wife Anna Cathalina Tromp, "neighbors and naturals of the island Aruba" and thus they became natives.

At the end of the eighteen century many inhabitants the island died as a result of the black fever epidemic and since people believed that the Alto Vista area was the most infected, they began

to build their homes further south within the Noord area, so the town of Noord began to grow into a community till getting its own Church. However religious festivals continued to be celebrated at this sacred native place, with the custom of arriving in procession to Alto Vista.

Two-hundred years after the beautiful time of Alto Vista, people can no longer see much of the town of Alto

Vista from 1750. With a lot of work they found the old foundations of the Church of the Queen of the Holiest Rosary to build a new chapel on the same place. The entire surrounding area was empty and desolated, making it hard to imagine that Alto Vista was a town at all. A hundred years later, people can see the remains of around twenty houses, some made of stone and others of clay. Nowadays, only around

six of these houses remain.

South of the chapel in the yard two graves can be observed, there was the cemetery which father Pablo de Algemesi blessed. It is not certain, but it is believed that the two graves belong to Antonio Silvester and Miguel Alvares, according to Nooyen. About 50 meters near the chapel there are still the markings of an old house, where Antonio and Bernardino Silvester would have lived. About 200 meters from the chapel there is a water tank which the locals call Tanki Cacique. In the past this tank was closed. But mostly water was brought out from the Poz di Noord, a well dug in the sand.

The chapel can be viewed from basically any point in the north side, even from Paradera and Sero Plat. All the historical remains around the chapel provide us with an idea on how the old people of Alto Vista used to live. Don't miss the opportunity to visit a place of historical significance with a window to Aruba's past. □

Dining in? Try making some local favorites! How to make "funchi"

(Oranjestad)—One of the most famous Aruban snacks or appetizers is "funchi hasa" (fried polenta sticks). A super easy meal that adults and children will both enjoy. Here's how to make it!

Before we start, get to know the basics

So what is funchi hasa? Funchi, or

Aruban polenta, is a popular side dish for local dishes, like soups, stews and fried fish. Made from a corn flour, water and butter mixture, this appetizer is traditionally eaten alongside a warm meal. However, locals also like to fry sticks of funchi for a quick and filling snack.

Ingredients (measured by heart)

1. Polenta flour*
2. Water
3. Butter
4. Salt to taste

Directions

Bring water to a boil in a medium-sized sauce pan. Add in some salt and butter to taste in the boiling water and let this dissolve and melt. Then, gradually add the flour while stirring with a wooden spoon. The mixture will start to begin to harden pretty fast, so be careful not to add too much. At this phase of cooking, you want a goopy thick mixture, but thin enough so you can continue to stir to get all the lumps out.

After reaching a semi-firm, yet flexible texture, grab a baking pan or any large, deep plate, and pour the mixture in. Be sure that this plate is wet or greased so that the mixture does not stick to the bottom. Let this cool completely while it firms up for the last time. Once it's cooled you can enjoy it as is,



topped with some butter or shredded cheese. Or, you can take it to another level of deliciousness.

When your funchi is firm enough, cut it into strips (size is up to you). Heat up some oil in a pan and fry those babies up! After frying, you can top it with some cheese or enjoy it with your favorite dipping sauce.

Note: We recommend the FUNCHI FRESKU polenta flour brand that is sold in all supermarkets on the island. You can also use yellow corn flour from the brand PAN.

Photo credit of fried funchi sticks: Jacqueline Felida on Pinterest.



Unique fauna of Aruba

For a small island, Aruba sure has a lot of unique treasures. Among these, we have some subspecies of animals that are unique to our island. These have evolved to perfectly adapt to our desert climate and make Aruba their home. At the same time, they are part of what makes Aruba truly one of a kind.

Cascabel (rattlesnake, *Crotalus durissus unicolor*)

According to the Arikok National Park, Aruba knows two kinds of snakes, the Santanero and the Cascabel. The cascabel belongs to the rattlesnake family. The cascabel is the only venomous snake from Aruba. It has a length of 65cm to 100cm, and is about 4 to 5cm wide. Its color varies from light brown to grey-brown, and its underbelly is white. On its back there are marks that are a little darker, in the shape of diamonds.

Its reproduction is oviparous, meaning the offspring can hatch from their eggs just before, during or immediately after laying.

The cascabel lives mainly in the Arikok National Park. It likes to live in dark places, and is thus found hidden among the limestone rocks and under stones. As a defense mechanism, the cascabel uses its rattle as a warning, and it is not an aggressive animal.

The cascabel feeds on lizards, small mammals such as rats and mice. It paralyzes or kills its prey with its venom, which is injected through a bite. The enemies of the cascabel are donkeys, goats, humans and cars. Humans are the biggest enemy of the cascabel, as they kill them and destroy their habitat for urbanization.

Shoco (burrowing owl, *Athene cunicularia arubensis*)

The shoco is a small bird which is seldom seen. They are active during the day but are more active later in the day and at night for hunting.

These owls have very good night vision and very good hearing. The shoco is the national symbol of Aruba.

The shoco has about 20cm of length, and the females are slightly heavier than the males. They are light brown in color, with many white spots. The belly of the Shoco is either white or light brown, and the shoco has striking yellow eyes. Its beak is yellow/green. Young owls do not have white spots and are lighter in color.

The nest of the shoco is a burrow in the ground. If the shoco can not find a burrow, it will dig one in soft soil. The shoco lays one or two eggs every other day until all the eggs are laid – a shoco can lay up to four eggs. The first owlets hatch after three to four weeks. The shoco owl takes care of the owlets for three months until they leave the nest. Only a few owlets survive.

The owls dig burrows in the ground with low grass vegetation. An owl can live up to nine years.

Its defense mechanism is simply to fly away or retreat to its burrows. They eat mostly insects, mice and lizards, and the main threats to their survival are boas – an invasive species introduced by humans as pets – and humans through destruction of their habitat.

Prikichi (parakeet, *Aratinga pertinax*)

The Prikichi is the national bird of Aruba. On Aruba, Bonaire, and Curaçao, parakeets can be found, but each of the three islands has a different breed. The Yellow-shouldered Amazon parakeet that we have on Aruba is also found along the coast of Venezuela. Unfortunately, there is interbreeding between the breeds due to cage birds from, for example, Curaçao being released on Aruba. The parakeet population on Aruba is in danger due to extensive defores-



tation occurring on the island because of the growing population.

The prikichi weighs between 90 to 100 grams. It has a greenish-brown head with some yellow around the eye. The back and wings of the parakeet are dark green, and the underside of the body is a lighter shade of green. There is also a bit of blue in the wings. The parakeet's beak is gray/black.

Parakeets often use termite nests as breeding sites. Parakeets are found in all natural environments (mondi) of the island. It defends itself by flying away and loud cries. Parakeets eat seeds from the pods of the Kwihi tree, Divi Divi, and columnar cactus. They also consume natural fruits. Its main predators are boa constrictors, humans.

Conew (cottontail rabbit, *Sylvilagus floridanus nigronuchalis*)

The Eastern Cottontail rabbit (*Sylvilagus floridanus*) was probably brought over to the island by Indian settlers thousands of years ago as a source of food. This rabbit, locally known as Conew, has spread all over the island and has become part of our ecosystem. The very adaptable Conew can live in a wide variety of habitats, including Aruba's xeric scrublands, where it typically grazes on weeds and grasses.

The Aruban Conew has a brownish grey color and a distinctive white belly. This white fur extends to the bottom of the tail which becomes visible as the rabbit runs. These rab-

bits can grow up to approximately 40 centimeters in length over their short lifespan of 3 years. Cottontail rabbits reach reproductive maturity when they are just 2 to 3 months old. A female rabbit, called a doe, finds a suitable nest spot under a shrub or rocks and lines it with fur. She can have an average of 3 to 4 litters per year averaging 5 young each. The doe only visits her young once or twice a day to nurse her babies for a period of 2 to 3 weeks. The young reach independence at 4 to 5 weeks.

The Aruban Conew is an endangered species and protected by Aruban law. The Conew is thought to have drastically declined due to an increase in human activities, habitat fragmentation and predation by the invasive Boa constrictor as well as feral cats and dogs. However, recently there seem to be more rabbit sightings in rural and wilderness areas and also in the National Park. This could be linked to a recent decline of the invasive Boa population after the long period of drought. As the Conew can reproduce very quickly, a short break in predation pressure can lead to a fast increase of rabbits. Sadly, the Boas are back on the rise again with the truly wet rainy seasons we have recently experienced. This could cause a new decline in the Conew population that was just starting to recover.

These are but a few of Aruba's beautiful inhabitant, which we must all contribute to protect. □



CROSSWORD

By THOMAS JOSEPH

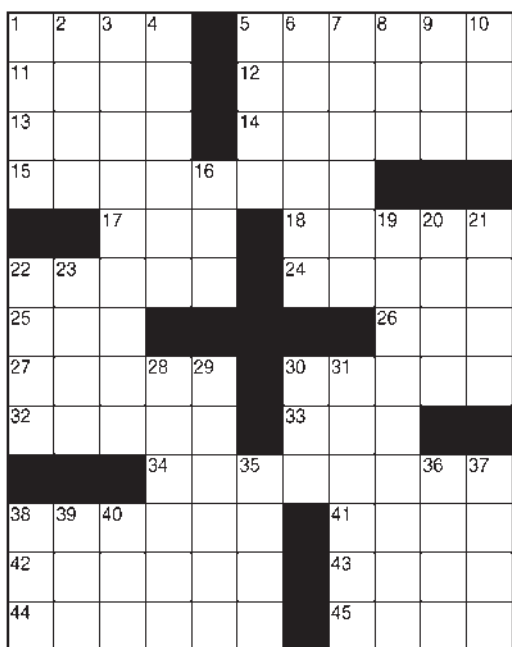
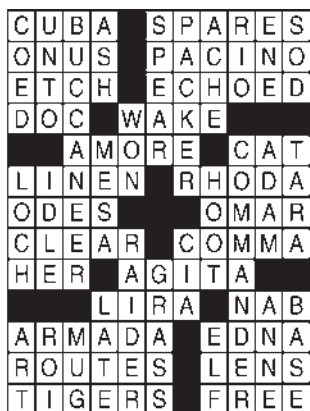
ACROSS

- 1 Mil. sch.
5 Film edit
11 Show up
12 Behold
13 Physics amount
14 They have titles
15 Black-mailed
17 Greek vowel
18 Like a judge
22 Quiver unit
24 Trap
25 New England catch
26 Vault part
27 Comic tribute
30 Diamond side
32 TV awards
33 Rap's Dr. —
34 Humiliating failures
38 "Jane Eyre" writer
41 Browser button
42 Opera's Stratas
43 "What's — for me?"
44 Fixed
45 Chow

DOWN

- 1 High point
2 Cajole
3 1928 Olympics host
4 Explorer Hernando
5 Place for a coin
6 Major nations
7 2012 Olympics host
8 Mamie's husband
9 Sedan or SUV
10 UFO pilots
16 Unrefined
19 1992 Olympics host

- 20 Huron neighbor
21 Owed amount
22 Farm unit
23 Hotel offering
28 2000 Olympics host
29 Dreaded fly
30 Govt. health watchdog
31 Jughead's friend
35 Rosary unit
36 Give off
37 Workout units
38 "Dyna-mite" K-pop group
39 Workout unit
40 Singer Rita



10-12

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

10-13

CRYPTOQUOTE

HD YBQQOX CPBQ, HDEDGZ

MBH QBUO BCBZ QPO GBHMOR

ZDI'JO BKXOBGZ PBG.

— LBEXNOK LBXMNB YBXVIOT

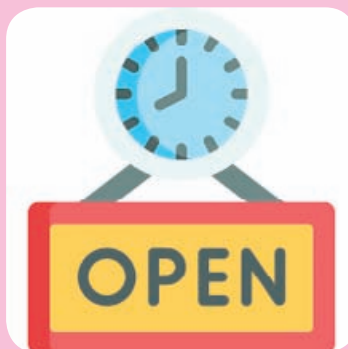
Cryptoquote: NOT EVERYTHING THAT IS FACED CAN BE CHANGED, BUT NOTHING CAN BE CHANGED UNTIL IT IS FACED. — JAMES BALDWIN

Cruise ship Schedule: Oct. 01 - 12 2025

			ARR	DEPT	BERTH	CALLS
WED	01	FREEWINDS	06.00	****	E	1
SUN	05	FREEWINDS - Dept.	****	22.30	E	-
TUE	07	ADVENTURE OF THE SEAS CARNIVAL VISTA	07.00 13.00	16.00 23.00	B C	1 1
WED	08	GRAND PRINCESS RHAPSODY OF THE SEAS FREEWINDS	08.00 08.00 06.00	18.00 23.00 ****	B C E	1 1 1
THU	09	SERENADE OF THE SEAS	08.00	18.00	C	1
SUN	12	FREEWINDS - Dept.	****	22.30	E	-

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic but important information that we think may come in handy to Aruba's visitors.



Supermarket hours

Supermarket hours may vary depending on where you are staying on the island. Generally though, most supermarkets are open from 8am to 8 or 10pm, Monday through Saturday. On Sundays, supermarkets generally close earlier; mostly around 2pm.



Drinking water

The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.



Safety

Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occur, so keep yourself and your belongings safe.

SUDOKU

To play sudoku, use logic to fill the empty squares so that each row, each column and each 3x3 box contains the numbers 1-9 only once. Puzzle difficulty increases from Monday to Sunday.

King Classic Sudoku

		1	6			5		3
	3			1			2	7
	9		3	2		4		6
			9			2		
		3				6	4	5
8	5		2	4				1
	1			6	2	7		4
					3	1	8	2
4			7	5	1	3		

Difficulty: ★★

10/7

Answer to previous puzzle

2	7	5	4	3	9	6	1	8
9	1	6	2	7	8	3	5	4
3	8	4	5	6	1	7	9	2
5	2	1	8	9	3	4	6	7
6	9	8	1	4	7	2	3	5
4	3	7	6	2	5	1	8	9
8	5	3	7	1	2	9	4	6
1	4	2	9	5	6	8	7	3
7	6	9	3	8	4	5	2	1

Difficulty: ★

10/6

Couples should never go to bed angry, right? It might be time to rethink that

By ALBERT STUMM
Associated Press

It's late at night, and you have been stewing all day about something your partner did to annoy you. The time to resolve it is now because, as everyone knows, you should never go to bed angry, right? Though it's conventional wisdom, many relationship experts say sticking to such a rule is counterproductive. It may even harm the relationship.

"It's completely wrong," said Samantha Whiten, a clinical psychologist in Maryland. "All it does is make sure that people are fighting when they're tired." Instead, couples can learn habits that help them get rest while boosting the relationship long term.

No one wants to go to bed angry

It's understandable to want to discuss a problem before letting it fester, Whiten said, but it's unrealistic to expect conflicts to be wrapped up quickly and lovingly before drifting off to sleep.

"That sounds nice," she said. "That's like a fairy tale, though."

Some sources attribute the origin of the phrase to the New Testament book of Ephesians. Translations vary, but it's some version of: "Be angry but do not sin; do not let the sun set on your anger."

The trouble is, couples shouldn't fight when they are "emotionally dysregulated," Whiten said. She referred to the acronym HALT, a common reminder in therapy that people should avoid serious discussions when hungry, angry, lonely or tired. Many people also drink alcohol at night, which doesn't help create a calm environment.

"They are more likely to say and do things impulsively that they may regret," she said.

What should you do instead?

Discussing problems at night might seem easiest because it's when your partner is most available,



(Associated Press Illustration / Peter Hamlin)

said Sabrina Romanoff, a clinical psychologist in New York City.

But it's better to acknowledge that something needs to be discussed, take a pause, and set a time to come back to it, she said. That could mean having lunch or coffee together the next day, or any time you're not rushing out the door.

The key is to follow through. "It speaks to a skill, to trust that your partner is really going to return to this thing that's really important to you," Romanoff said, adding that most couples have to practice that.

It's also about understanding your partner and being empathetic to what each of you needs. When one partner needs space, it's incumbent on the other person not to interpret that space as rejection, Romanoff said.

What's the difference between a pause and avoiding?

Whiten said many couples in her practice have at least one person who feels they won't be able to sleep until they resolve a fight. That's often a sign of anxiety and a discomfort with uncertainty.

"People need to individually learn how they can regulate themselves and tell themselves it's OK," she said. "The idea of being able to self-soothe is really key."

The reverse avoidance is no better. Many people might need space to process an argument, but they're obliged to come back later to their partner to address the topic.

The goal is that both people feel secure enough to acknowledge the disagreement, remember their relationship is more

important than one argument, and agree to talk about it later, Whiten said. "When people can learn to do that, it's really transformative."

Stop arguments before they start

Romanoff suggested that couples establish regular check-ins. They don't have to talk about the worst problems in their lives at a given point, but they should make a habit of small gestures of communication.

Even regularly asking how your partner's day went creates a kind of scaffolding of emotional safety, she said. It creates the space to address problems.

When there is an issue, use "I" statements, be clear about what you need, and try to create a plan for how the other person can deliver, she said. A request posed at an appropriate time will often be better received. □



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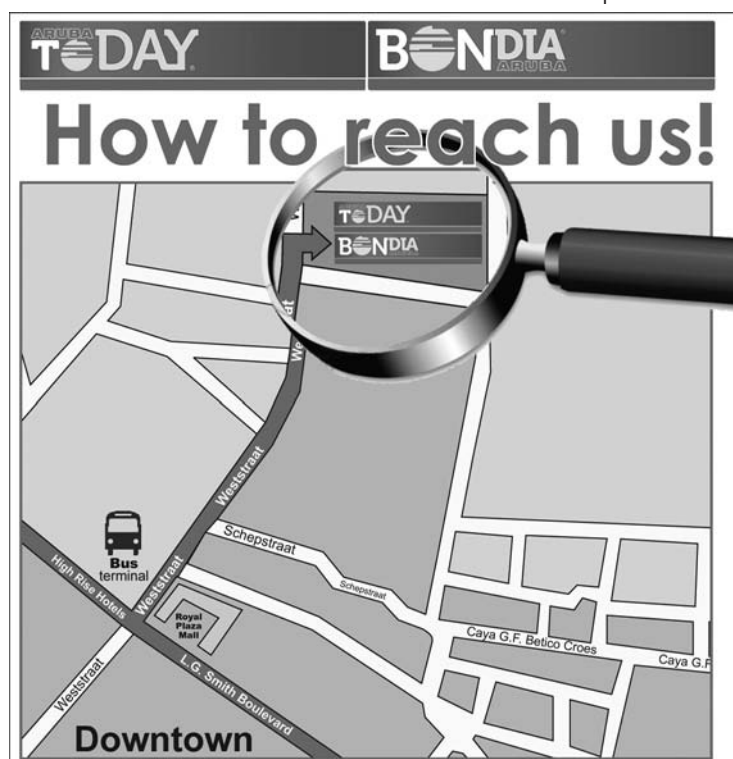
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HEALTH

DOCTOR ON DUTY

Oranjestad

Hospital 7:00 pm / 10:00pm
Tel. 527 4000

San Nicolas

Imsan 24 hours
Tel. 524 8833

PHARMACY ON DUTY

Oranjestad:

Eagle: Tel. 587 9011

San Nicolas:

Centro Medico: Tel. 584 5794

OTHER

Dental Clinic 587 9850

Blood Bank Aruba 587 0002

Urgent Care 586 0448

Walk-In Doctor's Clinic

+297 588 0539

EMERGENCY

Police	100
Oranjestad	527 3140
Noord	527 3200
Sta. Cruz	527 2900
San Nicolas	584 5000
Police Tipline	11141
Ambulancia	911
Fire Dept.	115
Red Cross	582 2219

TAXI SERVICES

Taxi Tas	587 5900
Prof. Taxi	588 0035
Taxi D.T.S.	587 2300
Taxi Serv. Aruba	583 3232
A1 Taxi Serv.	280 2828

TRAVEL INFO

Aruba Airport	524 2424
American Airlines	582 2700
Avianca	588 0059
Jet Blue	588 2244
Surinam	582 7896

AID FOUNDATIONS

Aruba Food Bank
Tel. 588 0002
FAVI- Visually Impaired
Tel. 582 5051
Alcoholics Anonymous
Tel. 736 2952
Narcotics Anonymous
Tel. 583 8989
Fundacion Contra Violencia
Relacional Tel. 583 5400
Centre for Diabetes
Tel. 524 8888
Child Abuse Prevention
Tel. 582 4433
Quota Club Tel. 525 2672

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ARUBA TODAY NEWS

The Dubai chocolate craze is now about much more than bars



Pieces of Dubai chocolate bars are displayed in New York on Friday, Sept. 26, 2025.

Associated Press

By **KATIE WORKMAN**
Associated Press

NEW YORK (AP) — Some flavor crazes flirt with us and fade. Others stay and make themselves at home. It's too soon to tell for sure, but the Dubai chocolate movement seems to have put down roots and is spreading at a brisk clip. The sweet flavors and thick texture that have made Dubai chocolate bars a hit are morphing into other kinds of confections too. Let's back up for a minute. The original and now-classic Dubai chocolate

bar was created by Fix Chocolatier in the United Arab Emirates in 2021, and by 2023 had exploded on social media. Rich and indulgent, it features a thick, milk chocolate shell usually encasing a creamy pistachio (and often tahini) filling mixed with crispy, shredded, phyllo-like pastry called kadayif. Global brands and small bakers alike are riffing on the concept with different flavors, translating the concept to croissants, milkshakes and more. Fillings range from peanut butter

and jelly to s'mores to matcha. "I don't call this a 'trend' anymore it's a whole new thing," said Din Allal, whose family business, The Nuts Factory, has about 150 U.S. stores featuring nuts, dried fruits and candies. Globally, Google searches for "Dubai chocolate" shot up quickly at the start of this year before peaking in March. They've remained elevated since then, according to Google Trends. And the Iranian nut producer Keinia has reported a pistachio shortage in

2025. The primary reason, it said, is "the explosive surge in demand fueled by the viral 'Dubai chocolate' TikTok trend, compounded by underlying supply constraint." Allal carries 12 flavors of Dubai chocolate bar, as well as chocolate- and pistachio-covered Dubai dates, Dubai-coated roasted nuts, a layered Dubai chocolate strawberry parfait, and a Dubai Golden Chocolate bar in-

fused with edible 24-karat gold for \$79.99 (their regular 6.5-ounce bars sell for \$18.99). It's not just the flavors that make Dubai chocolate different, Allal says, but the bar's structure too "huge, thick, with lots of filling." Other iterations of Dubai chocolate include Chocolive's little candies and Matteo's Coffee Syrups' sugar-free chocolate coffee syrup.

Big retailers and restaurants have gotten on board

Trader Joe's carries a Dubai chocolate bar made by Patislove. IHOP introduced a limited-time Dubai pancake stack in some locations in August. Baskin-Robbins has some Dubai-inspired ice cream products on its menu, while Costco sells a range of Dubai chocolate confections, including a Dubai chocolate cake. Walmart and QVC also sell Dubai chocolate. Swiss chocolate giant Lindt has a bar, and drew crowds when it debuted a limited number of them in Europe last fall. "For me, it's the crunch," said Erica Lefkowitz, who was buying some Dubai chocolate recently in Dublin. "The chocolate is soft and melty, and the filling is creamy, and then the crunch of the kadayif. It's all about the texture. Plus, it's sugar." She was a little annoyed at the price, higher than your average chocolate bar. Part of Dubai chocolate's appeal, though, is the way it feels simultaneously indulgent and worldly. Pistachios, rose, saffron and cardamom bring luxury, travel and exoticism to the chocolate party. Despite the price, "I've never seen a single item sell like this in my 50 years of retailing," said Stew Leonard, Jr., CEO of Stew Leonard's grocery stores in the New York metropolitan area. The chain introduced the BeeMax Dubai chocolate bar in March, watched it fly out the doors, he said, and then launched their own house-branded version (made by the company Chocopologie). □

OpenAI and chipmaker AMD sign chip supply partnership for AI infrastructure

Associated Press

Semiconductor maker AMD will supply its chips to

artificial intelligence company OpenAI as part of an agreement to team up on

building AI infrastructure, the companies said Monday. OpenAI will also get the option to buy as much as a 10% stake in AMD, according to a joint statement announcing the deal. It's the latest deal for the ChatGPT maker as it races to beef up its AI computing resources. Under the terms of the deal, OpenAI will buy the latest version of the company's high performance graphics chips, the Instinct MI450, which is expected to debut next year. The agreement calls for supplying 6 gigawatts of computing power for OpenAI's "next generation"

AI infrastructure, with the first batch of chips worth 1 gigawatt to be deployed in the second half of 2026. AMD also issued OpenAI with a warrant allowing the AI company to buy up to 160 million shares of AMD's common stock. That amounts to about 10% of the chipmaker based on AMD's 1.6 billion outstanding shares. The warrant will vest based on two milestones tied to the amount of computing power deployed, as well as unspecified "share-price targets." Shares of AMD spiked 25% before the opening bell Monday. Shares of Nvidia, which have repeatedly set

new record-highs this year, fell slightly. "This partnership is a major step in building the compute capacity needed to realize AI's full potential," OpenAI CEO Sam Altman said in a news release. "AMD's leadership in high-performance chips will enable us to accelerate progress and bring the benefits of advanced AI to everyone faster." The deal is a boost for Santa Clara, Calif.-based AMD, which has been left behind by rival Nvidia. But it also hints at OpenAI's desire to diversify its supply chain away from Nvidia's dominance. □



This July 13, 2010, file photo, shows an entrance to the Advanced Micro Devices Inc. (AMD) headquarters in Sunnyvale, Calif.

Associated Press

Bills reminded of what they're missing after Stefon Diggs' return to Buffalo sparks Patriots' win

By JOHN WAWROW

AP Sports Writer

ORCHARD PARK, N.Y. (AP)

— For one brief moment, the Buffalo Bills' onetime dynamic duo was back together again at Highmark Stadium.

Once the final whistle blew to end Buffalo's sloppy, three-turnover 23-20 loss to New England on Sunday night, Bills quarterback Josh Allen walked to midfield, where he greeted Patriots receiver Stefon Diggs with a warm hug.

"I love you, man," Allen said, tapping Diggs on the head. "You too, brother," Diggs replied.

The reunion between two players who spent four years together rewriting the Bills' passing, receiving and scoring records was notable for several reasons. The biggest, perhaps, was a reminder of Diggs' play-making ability.

Productive as Buffalo's spread-the-wealth "Everybody Eats" offensive approach has become since Diggs was traded to Houston in April 2024, the loss was a reminder of the impact a game-changing receiving threat can make on an outcome.

The upstart Patriots (3-2), under second-year quarterback Drake Maye and first-year coach Mike Vrabel, appear to have one in the 31-year-old Diggs, who had 10 catches for 146



New England Patriots wide receiver Stefon Diggs, right, runs past Buffalo Bills safety Cole Bishop (24) during the second half of an NFL football game, Sunday, Sept. 5, 2025, in Orchard Park, N.Y. Associated Press

yards against Buffalo.

The Bills (4-1), by comparison, provided an example of how offenses can struggle without a reliable go-to threat.

Allen still finished 22 of 31 for 253 yards and two touchdowns.

The numbers fail to reflect that New England was focused on bottling up running back James Cook. Buffalo committed three turnovers, with Allen losing a fumble on a botched handoff and then throwing an interception inside the red zone. Meanwhile, Keon Coleman the player the Bills selected with their

first draft pick after trading Diggs finished with four catches for 23 yards and lost a fumble at his own 11. Coleman has had his bright spots, as have the other members of Buffalo's relative no-name group of receivers.

But no one this year has established himself yet as Allen's primary target, aside from tight end Dalton Kincaid. The third-year player leads the team in yards receiving (287) and TDs receiving (three).

And that could become an issue moving forward for the five-time defending AFC East champions and

their Super Bowl aspirations. Though Allen has sealed three of Buffalo's four wins in the fourth quarter this season, he fell short against the Patriots. Trailing 20-17, the Bills saw their final drive stall at the New England 27, with Allen throwing three straight incompletions and settling for a game-tying field goal with 2:17 remaining.

Maye took over and led a 37-yard drive that began with him avoiding a sack to complete a 12-yard pass to Diggs. And it ended with Andy Borregales hitting a 52-yard field goal.

Diggs' tenure in Buffalo

wasn't without its difficulties. The receiver's cryptic comments of wanting out and several sideline outbursts became distractions. But the Bills' offense nevertheless remained among the league's most productive last season and led to Allen earning NFL MVP honors.

Bills general manager Brandon Beane, meanwhile, lost his patience this spring when confronted with criticism over whether he did enough to address the receiver position. Beane responded by noting the team added Joshua Palmer in free agency to join a returning group featuring Coleman, Khalil Shakir and Curtis Samuel.

Time will tell if that's enough. But it contributed to costing the Bills their first loss of the season and first regular-season home loss in 15 games.

What's working

Buffalo's defense has cleaned up its third-down issues by limiting opponents to converting 8 of 22 opportunities over the past two outings. The Bills allowed Miami to go 10 of 15 in Buffalo's 31-21 win.

What needs help

Ball protection. After committing one turnover over a 12-game span including playoffs, the Bills have four giveaways in their past two outings, including Allen's interception in a 31-19 win over New Orleans. □

Down 2-0 in WNBA Finals, Mercury need a jolt with series moving to Phoenix

By W.G. RAMIREZ

Associated Press

LAS VEGAS (AP)—Phoenix Mercury coach Nate Tibbets was critical of his team's defense after allowing the Las Vegas Aces to average 90 points through the first two games of the WNBA Finals. Defense isn't the Mercury's only problem as they head home.

Down 2-0 after a 91-78 loss on Sunday, Phoenix needs to rediscover its bench and its 3-point touch in Games 3 and 4 at home next week.

Kahleah Copper finished with 23 points on 50% shooting Sunday, while Satou Sabally had 22 points and Alyssa Thomas scored 10.

But the rest of the team totaled just 23

points, with only eight coming from the Phoenix reserves.

"I'm super confident in that group, they've helped carry us all season long," Tibbets said. "Our big three has probably got going the most during the playoffs, but I know this is a group that we trust. We believe in each other."

"But again, we're here because of our defense."

And to give up 89 points in Game 1 and 91 in Game 2, I know they're a really good offensive team ... but we have to be better at the defensive end."

That part is true, as the Mercury have allowed the Aces to shoot 47.7% (52 of 109) from the floor, including 13 of 37 (35.1%) from 3-point range. □



Phoenix Mercury forward Alyssa Thomas (25) lays on the ground during the second half in Game 2 of the WNBA basketball finals against the Las Vegas Aces, Sunday, Oct. 5, 2025, in Las Vegas. Associated Press

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The NHL season will feature Florida threepeat bid and a return to the Winter Olympics

By **STEPHEN WHYNO**
AP Hockey Writer

The immense challenge of threepeating as Stanley Cup champion got even more difficult for the Florida Panthers when they lost their captain and arguably most important player for the next 7-9 months to a knee injury.

Even without Aleksander Barkov, the Panthers have a chance to do something no NHL team has done in more than 40 years. And in between the rest of the league trying to stop their dynasty, the world's best hockey players will return to the Olympics for the first time in over a decade, fresh off the wildly successful 4 Nations Face-Off that reminded fans just how good the game is on the international stage.

"If you're a hockey fan, it doesn't get any better," New York Rangers and U.S. Olympic team coach Mike Sullivan said. "It puts the sport that we love on display to the world."

The puck drops Oct. 7 on one of the most anticipated seasons in recent history, with Connor McDavid still chasing his first championship with Edmonton while also teaming with Sidney Crosby, Nathan MacKinnon and others who will try to bring another gold medal home to Canada. Before Olympic play opens in Milan, Italy, 909 NHL games will be played, then 403 more down the stretch after the two-week break before another chase for



Florida Panthers center Brad Marchand skates with the Stanley Cup after defeating the Edmonton Oilers in Game 6 of the NHL hockey Stanley Cup Final Tuesday, June 17, 2025, in Sunrise, Fla.

Associated Press

the Cup begins in April.

"It's a lot to look forward to," Tampa Bay defenseman Victor Hedman said. "You've got to hit the ground running and be as good as you can from the start."

Panthers launch threepeat bid

Hedman and the Lightning won the Cup back to back in 2020 and '21. Crosby's Pittsburgh Penguins did it in '16 and '17. No team has gone back to back since the New York Islanders won four consecutive championships from 1980-83.

During an offseason availability, Hedman joked, "They're not going to win three in a row" as he walked

past Florida star Sam Reinhart, but who's betting against a team that has won 11 of 12 playoff series since trading for Matthew Tkachuk and hiring Paul Maurice as coach?

Barkov's long-term injury, and Tkachuk likely missing the first two months after his own surgery gives the Panthers longer odds. They're now 11-1 to win it all, behind co-favorites Edmonton and Vegas as well as Carolina, Colorado and Dallas, according to BetMGM Sportsbook.

"Be the best you can be at the start of the season: That's all you can focus on," Reinhart said.

"What we learned last year is throughout it, you kind of

have that not necessarily doubt, but you kind of wonder if you're going to have it again, that juice, that energy. You just kind of trust that you'll find it when the time comes."

Champions usually suffer a bit of attrition, but with the salary cap increasing a record amount, Florida kept all three of its big three free agents: playoff MVP Sam Bennett, defenseman Aaron Ekblad and winger Brad Marchand, whose acquisition at the trade deadline paved the way for another parade in Fort Lauderdale. "They're the top dog right now," Carolina's Seth Jarvis said.

McDavid's Oilers and other contenders

Florida has won consecutive finals against McDavid and the Oilers with one of the best teams constructed since the NHL's cap era began in 2005.

Edmonton, with McDavid and longtime running mate Leon Draisaitl, is an 8-1 Cup co-favorite with Vegas. After Minnesota signed Kirill Kaprizov to a record-setting \$136 million contract during training camp, McDavid signed his long-awaited contract extension on the eve of the season for just two years and \$25 million through 2028.

"I have every intention to win in Edmonton that's my only focus maybe next to winning a gold medal with Canada," McDavid told reporters in Calgary in August.

"I want the group to be as focused and dialed in and ready to roll come Day 1 as possible. We don't need any distractions."

The other rivals with shorter title odds than the Panthers are Jarvis' Hurricanes, MacKinnon's Colorado Avalanche and the Stars. Dallas reached the Western Conference final each of the past three years.

"It's just what do we have to do to get over that hump?" Stars goaltender Jake Oettinger said. "We have pretty much same group of guy, and a lot of guys are entering their prime or in their prime right now and we feel like now's our time to do it."

Ovechkin and other storylines. □